

Three Thousand Years (等你三千年)

COPPERKNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Beginner - waltz
編舞者: Helen Lee (CAN) - January 2024
音樂: Forever Waiting for You (站着等你三千年) - Wang Qi (王琪)



Starts at vocal

S1 : Twinkle, Twinkle 1/4 L Turn

1 2 3 RF Cross LF, Step LF to Left Side, Recover Body Weight to RF
4 5 6 LF Cross RF, Step RF to Right Side and Make 1/4 Left turn, Recover Body Weight to LF
(9:00)

S2: Walks with Ronde

1 2 3 Step RF Fwd (1), LF ronde from Back to the front of RF (2,3)
4 5 6 Step LF Fwd (1), RF ronde from Back to the front of LF (2,3)

S3 : Twinkle, Twinkle 1/4 L Turn (repeat S1)

1 2 3 RF Cross LF, Step LF to Left Side, Recover Body Weight to RF
4 5 6 LF Cross RF, Step RF to Right Side and Make 1/4 Left turn, Recover Body Weight to LF
(6:00)

S4: Walks with Ronde (repeat S2)

1 2 3 Step RF Fwd (1), LF ronde from Back to the front of RF (2,3)
4 5 6 Step LF Fwd (1), RF ronde from Back to the front of LF (2,3)

S5: Cross-recover-side (R,L)

1 2 3 Cross RF over LF, Recover on LF, Step RF to Right Side
4 5 6 Cross LF over RF, Recover on RF, Step LF to Left Side

S6: Waltz Forward Basic, Step Forward, Lower Kick

1 2 3 Walk RF Forward, close LF beside RF, Recover body weight on RF
4 5 6 Step LF forward (1), RF lower Kick (2,3)

S7: Waltz Back Basic, Step Back, Drag

1 2 3 Step RF Backward , close LF beside RF, Recover body weight on RF
4 5 6 Step LF Back (1), Drag RF to beside LF (2,3)

S8: Sways

1 2 3 Step RF to right side(1), Sway to right side
4 5 6 Recover body Weight to LF (1), Sway to left side (2,3)

Tag: After wall 4 & 9, Hold 1,2,3

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